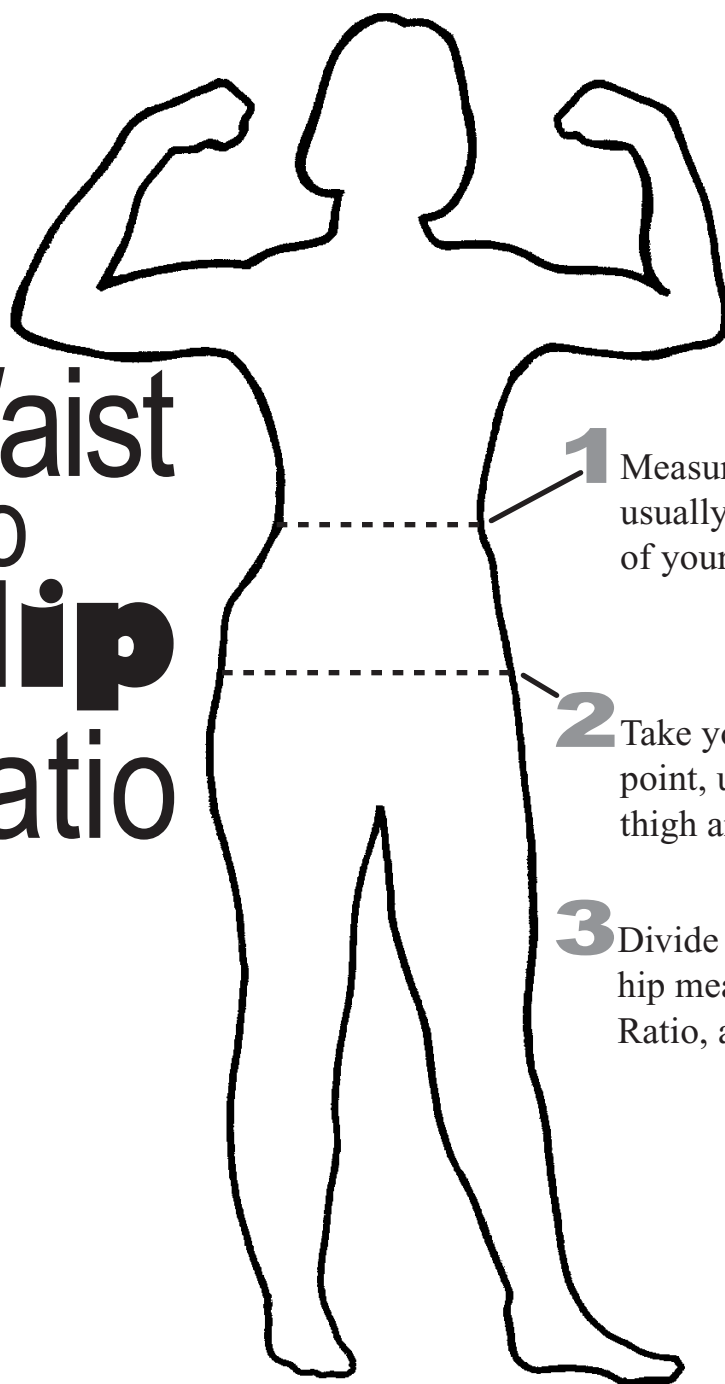


Waist to Hip Ratio



1 Measure your waist at the smallest point, usually about halfway between the bottom of your rib cage and the top of your hip bone.

2 Take your hip measurement at its widest point, usually at about the bend in your thigh and fullest swell of your buttocks.

3 Divide your waist measurement by your hip measurement to get your Waist-to-Hip Ratio, as shown in the formula below.

$$\text{Waist-to-Hip Ratio} = \frac{\text{Waist Measurement}}{\text{Hip Measurement}}$$

Ratio bigger than 0.8

- **“apple-shaped” body type**
- **HIGHER risk for chronic diseases**

Ratio less than or equal to 0.8

- **“pear-shaped” body type**
- **LOWER risk for chronic diseases**